



# Worker Occupational Safety and Health (WOSH)

## Specialist Training Program

*Creating Worker Leaders in  
Health and Safety*



# What is the WOSH Specialist Training?

The WOSH Specialist Training Program trains California workers to be Worker Occupational Safety and Health (WOSH) Specialists. After completing the training, Specialists are expected to take a leadership role in promoting health and safety in their own workplaces. At work, a Specialist may:

- Assist with the employer's injury and illness prevention efforts.
- Help find and implement solutions to health and safety problems.
- Serve as a health and safety resource for co-workers and others.

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**"I want you to know how proud Teresa is of the training she completed. We want her to be part of our department safety committee now that she has a lot of knowledge in this area."**

**(Hospital supervisor about a janitor who attended the training)**

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The WOSH Specialist Training Program is a part of the Worker Occupational Safety and Health Training and Education Program (WOSHTEP), a statewide effort aimed at reducing job-related injuries and illnesses among California workers. The initiative was created as part of workers' compensation reform. It includes several health and safety programs targeting employers, workers, small business owners, unions, and others, all aimed at promoting positive, healthy employment in California.





# What Does the Training Include?

Workers interested in becoming WOSH Specialists attend a 24-hour course where they are introduced to key occupational safety and health concepts. They also learn how to take a leadership role in the workplace.

The curriculum includes six core modules addressing basic topics relevant to workers in many different types of jobs, as well as supplemental modules covering specific industries and hazards.

The core topics are:

- Promoting Effective Safety Programs
- Identifying Hazards in the Workplace
- Controlling Hazards in the Workplace
- Health and Safety Rights and responsibilities
- Introduction to Workers' Compensation and Return-To-Work
- Resources and Strategies for Taking Action

Specialists also take three of the following supplemental topics to complete the WOSH Specialist Course:

The supplemental topics are:

- Communicating Effectively About Workplace Health and Safety
- Chemical Hazards and Hazard Communication
- Preventing Musculoskeletal Disorders: Introduction to Ergonomics
- Workplace Health and Safety Committees
- How Adults Learn Best: Sharing Health and Safety Information in the Workplace
- Bloodborne Pathogens

The WOSH Specialist Training Program is offered in English, Spanish and Chinese. It is provided free of charge and is taught through a statewide network of trainers. Training is coordinated by WOSHTEP's Northern California Resource Center at the University of California, Berkeley and Southern California Resource Center at the University of California, Los Angeles.





The program is especially appropriate for workers with significant health and safety responsibilities, such as those serving on health and safety committees, those designated by employers or unions as safety representatives, and/or those who will later train their co-workers. To find out more about whether this program is appropriate for you, contact the Resource Center nearest you, listed on the back of this brochure.



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**"I'm now offering short health and safety classes to my co-workers and have trained over 500 people."**

**(homecare worker)**

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# What Do the Trainees Receive?

- A course manual, including a Health and Safety Resource Guidebook.
- A certificate of completion as a WOSH Specialist from the California Commission for Health and Safety and Workers' Compensation and the University of California.
- Membership in a statewide network of WOSH Specialists who can share ideas and strategies.
- Ongoing support and assistance from Northern and Southern California Resource Centers.



For more information about the WOSH Specialist Training Program, please contact:

Northern California  
Labor Occupational Health Program  
University of California, Berkeley  
2223 Fulton Street, 4th Floor  
Berkeley, CA 94720-5120  
Phone: (510) 643-4335  
[www.lohp.org](http://www.lohp.org)

Southern California  
Labor Occupational Safety and Health Program  
University of California, Los Angeles  
Hershey Hall, P.O. Box 951478  
Los Angeles, CA 90095-1478  
Phone: (310) 794-5964  
[www.losh.ucla.edu](http://www.losh.ucla.edu)

For more information about WOSHTEP in general, please contact:

WOSHTEP  
Commission on Health and Safety and  
Workers' Compensation (CHSWC)  
California Department of Industrial Relations  
1515 Clay Street, Suite 901  
Oakland, California 94612  
510-622-3959  
[www.dir.ca.gov/chswc](http://www.dir.ca.gov/chswc)